



## What does penki do for you?



### Playfight

Workshop

2023



Atelier



Description



History

Playfight combines **primal fighting, play and mindfulness**

**Primal fighting** to awake the body's intelligence, using strength in a safe and respectful way. **Play** to rediscover ourselves anew. To be less serious and more playful, joyful and alive! **Mindfulness** to observe what happens on a deeper level, and to be more authentic.

We gather in Circle, and Playfight in the middle. We bond, we relate and we support each other. We fight but there are no winners or losers. We use strength but we don't hurt each other. We train as heartfelt warriors and warrioresses to stop violence and create the experiences we long for, consensually.

For more information: <https://www.playfight.org>

Share it with your friends



I am interested



### Discussion



Write a comment



**Anonymous** a month ago

Siro

I can offer two spaces: One intro for people who aren't familiar with this



It makes sense to schedule the Intro before the other one.

Answer

## 📅 2 upcoming events

📅 Thu20. July

🕒 2:00 PM - 4:00 PM

🏠 ZAF, St-Imier \* 🚪 208

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📅 Fri21. July

🕒 4:00 PM - 6:00 PM

🏠 ZAF, St-Imier \* 🚪 208

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[Download events to my calendar](#)

## 👤 5 participants

siro

📣 TEAM

(has proposed this topic)

Urban

Krunch

Jody

ein\_wesen

Report problem

